




















# 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Turkey Divan Brown Rice Glazed Carrots Pineapple Tidbits 	<b>2</b> Tuna Salad Three Bean & Tomato Salad Whole Wheat Tortilla Tropical Fruit 	<b>3</b> Szechuan Pork Brown Rice Asian Veggie Blend Mandarin Oranges 	<b>4</b> Breaded Pollock Dill Sauce Brown Rice Pilaf Herbed Green Beans Fresh Orange Chocolate Chip Cookie
<b>7</b> Caprese Chicken Italian Veggie Blend Tropical Fruit Whole Grain Rotini Pasta 	<b>8</b> WG Chicken Spaghetti Broccoli Fresh Apple 	<b>9</b> Garden Turkey Salad Whole Grain Crackers Mixed Fruit Ranch Dressing	<b>10</b> Beef Stew Roasted Baby Bakers Whole Grain Roll Rosy Applesauce 	<b>11</b> Garlic Rosemary Chicken Whole Grain Rotini Pasta Edamame Mandarin Oranges 
<b>14</b> Meatloaf w/ Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Mixed Fruit 	<b>15</b> Taco Meat Pinto Beans Fiesta Veggie Blend Whole Wheat Tortilla Fresh Pear Taco Sauce	<b>16</b> Minestrone Soup Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Broccoli Raisin Salad WG Hamburger Bun Tropical Fruit	<b>17 St. Patrick's Day!</b> Beef Hash Cabbage and Carrots Whole Grain Roll Apple Crisp 	<b>18</b> Cajun Lemon Pepper Fish Dirty Brown Rice Garden Veggie Blend Applesauce Dessert 
<b>21</b> Beef & Turkey Spanish Rice Pinto Beans Fiesta Veggie Blend Fruit Cocktail 	<b>22</b> Baked Chicken Breast Bruschetta Sauce Whole Grain Rotini Pasta Spinach Mixed Fruit 	<b>23</b> Turkey Tzatziki Salad w/ Mixed Greens Whole Wheat Roll Tropical Fruit Ranch Dressing	<b>24</b> BBQ Pork CA Veggie Blend WG Hamburger Bun Hot Spiced Apples 	<b>25</b> Vegetarian Bean Chili Shredded Cheese Broccoli Whole Wheat Bread Dessert Fresh Banana
<b>28</b> Chicken and Whole Grain Biscuit Whipped Potatoes CA Veggie Blend Fresh Apple	<b>29</b> Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Capri Veggie Blend Fresh Orange 	<b>30</b> Tomato Basil Soup Chicken Salad German Coleslaw Whole Wheat Bread Mixed Fruit 	<b>31</b> Holiday Cesar Chavez Day <b>PDLC Closed</b>	

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Contribution is \$1.00 per meal - No eligible person shall be denied a meal because of failure or inability to contribute.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS

Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat

"All meals contain 8 oz milk"



Menu Subject To Change